

GULF DEFENDER



Vol. 64, No. 48

Tyndall Air Force Base, Fla. Home of Air Dominance Training

Dec. 9, 2005

In brief

Hours changed

Finance and Military Personnel Flight customer service office hours have been changed to 8:30 a.m. to 4:30 p.m. Monday-Friday. This change will provide additional time for mandatory physical, functional and contingency training. For more information, call 283-4117 or 283-2276.

Tree lighting ceremony

Tyndall's Christmas tree lighting ceremony will take place at 5 p.m. today at Flag Park. There will be live music, hot chocolate, cookies and a visit from Santa. For more information, contact the Community Center at 283-2495.

Family Tradition Night

Single Parent Family Tradition Night will be held from 5:30-7:30 p.m. Wednesday at the Family Support Center classroom. There will be free pizza and a chance for parents to create a family tradition. For more information, call 283-4204.

What's inside



Tyndall's colonel-selects ... PAGE 5



ALS graduates ... PAGE 6



It's the bomb

Staff Sgt. Sheldon Wright, left, 43rd **Aircraft** Maintenance Unit weapons load crew chief. and Senior Airman Adebayo Adetolu, 43rd AMU weapons load crew two-man, prepare to install a Joint Direct Attack Munition "smart bomb" on a F/A-22 Raptor Dec. 2 here. For the first time ever here, six Raptors were loaded up with the GPSguided weapons for a deployment to Nellis AFB, Nev. The jets left Saturday for the two-week-long TDY.

New 19th AF commander visits Tyndall

STAFF SGT. BENJAMIN ROJEK

325th Fighter Wing Public Affairs

The new commander of the 19th Air Force, who was once an enlisted radar system repairman, visited Tyndall Nov. 30 through Dec. 2.

"Some people tell me it's unique, being prior enlisted and becoming a general officer," said Maj. Gen. Marc Rogers during his visit here Dec. 2. "I don't look at it as anything unique. It's not different from several thousands of other officers who were also prior enlisted."

Being a general is no more remarkable than any other person who rises through the ranks, said General Rogers. At some point there were a lot of lieutenants who were roughly equal, and a few of them progressed eventually to high levels.

"Our military is structured in such a way that individuals can go as far as they want," he said.

The general enlisted in the Air Force in 1974. After graduating from the University of Missouri in 1978, he was commissioned through the

Air Force ROTC program and became a pilot. He took his first command in 1992.

Understanding issues of the troops is essential for a good unit commander, he said. It's about "mission first" and the Airmen who execute the mission. It's a matter of caring for the people who get the mission done.

"Being a commander is challenging," said the general. "You find yourself working long, hard hours because you want to take care of your people. You want to make sure the mission is achieved, so you end up putting in that extra effort to make sure it happens."

In fact, when he wakes up in the morning, the first thing the general thinks about is what he can do to make it easier for his commanders and NCOs to execute the mission.

"I find myself wondering in the mornings,



Deb Rogers, left, and Maj. Gen. Marc Rogers, 19th Air Force commander, are shown computerized F/A-22 Raptor technical orders by Staff Sgt. Raymond Dempsey, 43rd Aircraft Maintenace Unit crew chief.

> 'What's out there that I don't know about that's impeding my NCOs and their Airmen from the getting the mission done?" he said.

As a commander, another concern is safety,

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High lights

Craig Massimiani, Del-Jen, strings up the Tyndall Christmas tree Dec. 2 near Flag Park here. The tree lighting ceremony will be held at 5 p.m. tonight. There will be a visit from Santa Claus, as well as live music, hot chocolate and cookies.

Identify this...



Can you identify this object? If so, send an e-mail to editor@tyndall.af.mil with "Identify This" in the subject line. Three correct entries will be chosen at random and drawn from a hat to select the final winner. The prize can be claimed at the Public Affairs office.

The winner for the Dec. 2 "Identify This" is Tech. Sgt. Dathan Brown. He correctly guessed that the photo was of a bite out of an apple. Congratulations, Sergeant Brown. Come claim your prize!

ON THE **STREET**

What do you do to stay warm while working?



"To stay warm I wear the proper attire like a flight jacket and field gloves."

2ND LT. MICHAEL KENNEDY 1st Fighter Squadron



"To stay warm, I wear thermals, lots of clothes and gloves. It gets windy on the flightline."

STAFF SGT. LARRY WRENN 43rd Aircraft Maintenance Unit



"I dress warmly and keep warm. The wind chill on the flightline can feel like 20 degrees sometimes."

ROB MORRISSEY Del-Jen



"At the gate, we usually lean in close to the cars to catch some of the heat as they pass by."

SENIOR AIRMAN NOE CASTRO

325th Security Forces Squadron

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Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise

The deadline for article submissions to the Gulf Defender is 4 n.m. Friday prior. to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or e-mailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the Gulf Defender to Tyndall base housing sections is provided by the Panama City News Herald.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Commentary

Chaplain once had 'second-best' job in the Air Force

CHAPLAIN (CAPT.) MATTHEW C. SIMPSON 325th Fighter Wing

I enlisted in the Air Force in August 1993. not knowing what to expect. I soon found out, upon disembarking from the bus at Lackland AFB, Texas that my life had just dramatically changed.

The drill instructors were screaming at us and lining us up like prisoners of war. My initial Air Force specialty was as a combat cameraman. After just six months at my first permanent assignment, I was transferred from Wright-Patterson AFB, Ohio to Davis-Monthan AFB, Ariz., where the Lord blessed me with my beautiful bride Kristal, who was also an active duty Airman at the time. As a video production Airman at Davis-Monthan, my job was fine, but not exciting. However, two years after arriving at Davis-Monthan, Kristal got orders here, and I was going with her in the join-spouse program.

Once I started performing my new duty at Tyndall, I realized God had blessed me once again with something fantastic. I was now one of just a handful of enlisted Airmen assigned to a flying slot, almost exclusively flying in fighter aircraft. Moreover, my job was even more exciting, because I was taking pictures and capturing video of fighter aircraft shooting missiles at unmanned drones over the Gulf of Mexico, and dropping laser-guided bombs at ground targets in the Utah Testing Range. I was part of the 53rd Wing, an associate unit here at Tyndall headquartered at Eglin AFB, Fla.

While serving here and numerous temporary duty assignments, I photographed and videotaped hundreds of missile launches and bomb drops. I saw more armament deployed than most fighter pilots would see in their entire careers. I was able to experience flying more than 100 sorties in an F-16, and several sorties in the F-15, QF-4, T-38, and the T-37. I thought, "I cannot believe the Air Force was paying me to do this!" If given the opportunity, most people would have paid the Air Force to do my job! I really had one of the best jobs in the world, but not the best as you will soon read.

Even though I had one of the best jobs in the Air Force, I had a hunger for further development as an Air Force leader. I longed to earn a commission. After going through a second application process, I was finally chosen Officer Training School, upon completion I was to come right back here to Tyndall for Air

Battle Management school. This selection was a wonderful announcement from my then commander, Lt. Col Matt Black.

I was absolutely elated, and everyone in my unit was excited for me. It was an answered prayer, or so I thought. I soon began to feel the weight of God's call on my life for the ministry. I was feeling miserable, and I knew why. The Lord called me to give it all up and follow Him, regardless of the consequences, or fears. That is what I did; after fulfilling my enlistment obligation in August 2000. Kristal and I moved to Louisville, Kentucky, where I would complete a master of divinity to prepare for full-time Christian ministry.

Not too far into my first semester at Southern Baptist Theological Seminary, I really missed the Air Force. I hungered for the mission, camaraderie, profession-

> alism, and even the uniform. Psalms 37:4 says, "Delight yourself in the Lord, and He will give you the desires of your heart." God was faithful and did give me the desires of my heart. The Lord rewarded my obedience to Him by merging His calling on my life as a Christian minister with being an Air Force chaplain and officer.

The exciting thing about it all is that God did not make me wait until I would graduate four years later. I was able to come right back in the Air Force as a chaplain candidate, to perform duty between school semesters. To my surprise, I performed my very first chaplain candidate tour right back here at Tyndall Chapel in August 2001, only a year after separating from active duty! Moreover, I came to Tyndall

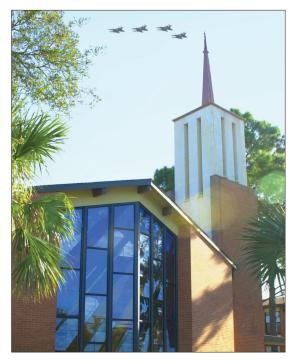
for yet another chaplain candidate assignment during the summer of 2003. I soon appreciated the great job Air Force chaplains had, and I wanted to continue to be a part of it, at Tyndall, if possible. God gave me the desires of my heart once again, and after graduating from seminary, I was assigned to the 325th Fighter Wing Chapel, where I now serve the wing as an Air Force Reserve chaplain.

God's wisdom all makes sense now. I am glad I was faithful in following His call. In the last sixteen months of serving here, I have witnessed the great spiritual needs of our comrades. I have seen God working in lives and making things dramatically better for them. I have observed the hope that ministry brings to people who have no hope and the moral guidance it provides to those who struggle with right and wrong.

Moreover, I know this all from personal experience too, having been an active duty enlistee who needed and relied upon chaplains many times. I am so thankful to God for the privilege to give back to the Air Force by being part of this great 325th FW chapel, which fulfills the critical needs of our fellow Airmen's lives.

I must admit, when I hear the jet engines rumble here at Tyndall, and see the fighters screaming across the heavens, for a split second I miss flying in fighter aircraft and taking pictures.

However, it has all been worth it. God has rewarded my family and me each step of the way. I am delighted to be right back at Tyndall serving as a chaplain. I did have the second best job in the Air Force as an aerial photographer, but now I have the very best job in the Air Force, as a chaplain. I cannot believe they are paying me to do this!





The Action Line is your direct line to me. It you are unable to resolve the problem, call me is one way to make Tyndall a better place to work and live.

The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a re-

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers.

If you're not satisfied with the response or

at 283-2255.

For fraud, waste and abuse calls, you should talk to the 325th Fighter Wing Inspector General's Office, 283-4646.

Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

Below are more phone numbers that help you in resolving any issues with a base agency.

Commissary	283-4825
Pass and I.D.	283-4191
Medical and Dental	283-7515
MEO	283-2739

/IPF	283-2276
SFS Desk Sgt.	283-2254
Services	283-2501
-egal	283-4681
Housing	283-2036
CDC	283-4747
Ving Safety	283-4231
Area Defense Counsel	283-2911
inance	283-4117
Civil Engineer	283-4949
Civilian Personnel	283-3203
Base Information	283-1113

Thank you for helping me improve Tyndall and I look forward to hearing from you.

Officials say changes on horizon for PME

STAFF SGT. CARLA WILLIAMS

5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. (AFPN) — The Air Force professional military education process has developed grade-related education and education opportunities that support specific jobs for officers.

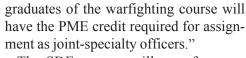
"On the enlisted side, the Air Force has long had a continuity of PME programs that are associated with rank advancement, but you also have courses based on job and level of responsibility such as the First Sergeant's Academy," said Maj. Gen. Robert J. "Bob" Elder Jr., Air War College commandant and Air University vice commander, during his visit Nov. 3 to Minot AFB, N.D.

"We are now expanding this dual approach – rank and position education – with the officer corps," he said.

General Elder, who commanded the 5th Bomb Wing at Minot from 1996 to 1998, said the war college is currently enhancing senior development education courses.

"The new AWC program features an SDE distance-learning course, concentrating on institutional leadership – particularly within the Air Force – for all upcoming

colonels," said the general, who has been the AWC commandant since July 2004. "We also have resident warfighting course, focused on joint and coalition operations, that will be fully accredited as a joint-PME Phase II course. This means



The SDE courses will now focus on the continued development of strategic leader skills.

in the business community for top executives who are known for their critical analysis, creative thinking, decision making, and planning skills," said the general. "We're

> focusing on these executive skills and cross-cultural communication capabilities to ensure Air Force senior leaders have the ability to lead our own people as well as communicate with other services and coalition forces."

The general, who flew 83 combat hours during operations Enduring Freedom and Iraqi Freedom, sees

"We're now spending time focusing on cross-cultural negotiations, not just looking at different countries but also cultural

many PME changes on the horizon.

"Strategic leader is a widely used term differences between our own military services – changes made essential by the changing nature of war. That's a big shift," he said. "The other big issue is working with other agencies, not only government agencies but also non-government agencies. To aid this, our new courses will spend more time looking at how we bring all instruments of national power together."

> He also said PME's focus will shift toward continuous learning, with continuous reinforcement and re-learning of evolving Air Force and joint doctrine.

> "We don't want people to think PME is finished once they complete a course – PME is something done throughout one's professional lifetime," he explained. "To enable this, we want to make it easier with something we call booster shots. For example, we envision company grade officers will take a pre-squadron officer school class that will look at Air Force doctrine, personal communication skills, and group and team leadership dynamics."





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Congratulations to Tyndall's newest Airman Leadership School graduates!

(The following senior airmen graduated from ALS Tuesday.)

Sara Bembenek	66th TS, Det. 2	Salamasina Kawaauha	au 325th OSS
Guy Canterbury	823rd RHS	David List	325th AMXS
Carl Cassulo	325th MXS	Andrew Lloyd	325th CES
James Daley	325th ACS	Brian Manning	81st RCS
Ebony Dean	81st RCS	Justin Maughan	325th MXS
Latoya Douglas	325th OSS	Mariela Miles	823rd RHS
Rebecca Edwards	325th SVS	Thomas Miller	325th OSS
John Emery Jr.	325th MXS	Lenin Ortiz	325th FW
James Flemmings	325th ADS	Remegio Quindara Jr.	325th FW
Matthew Graves	325th AMXS	Matthew Quinn	325th SFS
Michael Greer	AFCESA	Michael Rainer	325th MXS
Byron Harts	325th SVS	Nicole Willems	325th SFS
Harold Horton Jr.	325th CES	Jeanjanice Williams	325th SVS
Timothy Jett	325th AMXS	Jessica Williams	325th MXS

Award winners

Sara Bembenek - Distinguished Graduate
Thomas Miller - Distinguished Graduate
David List - Leadership Award
Harold Horton Jr. - Academic Award
Latoya Douglas - John L. Levitow Award

Golden Bolt Award



Staff Sgt. Benjamin Roje

Senior Airman Candace Lloyd, 2nd Fighter Squadron life support journeyman, conducts a post-flight inspection of a pilot's harness Dec. 2. Airman Lloyd is the newest Golden Bolt winner. She found the Golden Bolt during a foreign object damage walk by the runway lights. Congratulations, Airman Lloyd!

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MDG offers tips for flu prevention, maintenance

Maj. Iwona Blackledge

325th Medical Group

As the flu season descends upon Tyndall, it is important that everyone knows what this virus is and how to prevent it.

Influenza, also know as the flu, is a contagious viral respiratory illness. It spreads in respiratory droplets from coughing and sneezing, or touching something with the virus on it. It can cause mild to severe illness and at times can lead to death. While most healthy people recover from the flu without complications, some individuals, such as older people, young children, and people with certain health conditions, are at increased risk for serious complications.

The flu usually starts suddenly and may include the following symptoms: fever (usually high), headache, tiredness (can be extreme), cough, sore throat, runny or stuffy nose and body aches. Diarrhea and vomiting also can occur, but are more common in children.

Other serious symptoms, which require urgent emergency medical attention, include difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion and severe or persistent vomiting.

The virus' contagious period lasts from about one

day before until five days after symptoms appear. Symptoms can continue from seven to 10 days. It is important to note, however, many different illnesses, including the common cold, can have similar symptoms.

People who develop flu-like symptoms should stay home, get plenty of rest, drink a lot of liquids and avoid using alcohol and tobacco. There are various medications available to relieve flu symptoms, but aspirin should never be given to children or teenagers who have flu-like symptoms, particularly fever.

People having a "wet" cough productive of sputum, a worsening fever not responding to medication, new symptoms develop after three days of illness, or those who are members of the high-risk group (children 6-23 months old, people 65 years or older and people who suffer from chronic medical conditions such as heart, kidney or lung disease, asthma, diabetes, anemia or cancer treatment) should see their primary care provider.

Additionally, the following steps may help prevent the spread of respiratory illnesses like the flu: Cover the nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use; wash hands often with soap and water or an alcohol-based



Staff Sgt. Benjamin Rojeł

hand cleaner; stay away as much as possible from people who are sick; try not to touch the eyes, nose, or mouth. Those people who get the flu should stay home from work or school.

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NORAD: Eliminating gaps makes North America more secure

CAPT. JOHNNY REA

1st Air Force/CONR Public Affairs

Identifying and eliminating "gaps and seams" within the North American Aerospace Defense Command is key to preventing future terrorist attacks, accord-

ing to NORAD's Director of Operations.



Maj. Gen. Scott Mayes, 1st Air Force commander, straps into an F-15 Eagle.

"Since 9-11, the operational environment is much more complex," said Canadian Maj. Gen. Brett Cairns, during a visit Nov. 22 to 1st Air Force here. "There's an increased requirement to cooperate on a bi-national perspective, sharing information and intelligence be-

> tween the two countries (Canada and the United States)."

NORAD operates under a bi-national agreement between Canada and the U.S. This agreement defines the combined command relationship between the two countries and requires common procedures and architecture.

General Cairns said both countries continue to improve relationships with each other, as well as with civilian organizations, to fulfill

NORAD's vision to create a fully integrated operational aerospace picture and develop programs and processes to improve bi-national information sharing.

The agreement, conducted within the framework of the North American Treaty, is up for renewal in 2006.

"We've established a number of working groups – particularly through NORAD and the NORAD construct in order to identify gaps and seams, and we're working actively to eliminate those," said the general.

First Air Force, in its role as Continental NORAD Region, or CONR, has the responsibility for ensuring the air sovereignty and air defense of the continental U.S. Since Sept. 11, 2001, CONR has been one of the lead agencies for Operational Noble Eagle, an ongoing mission to protect North America from further terrorist aggression from inside and outside of its borders. Alaska NORAD Region and Canada NORAD Region fulfill the same mission in their respective areas.

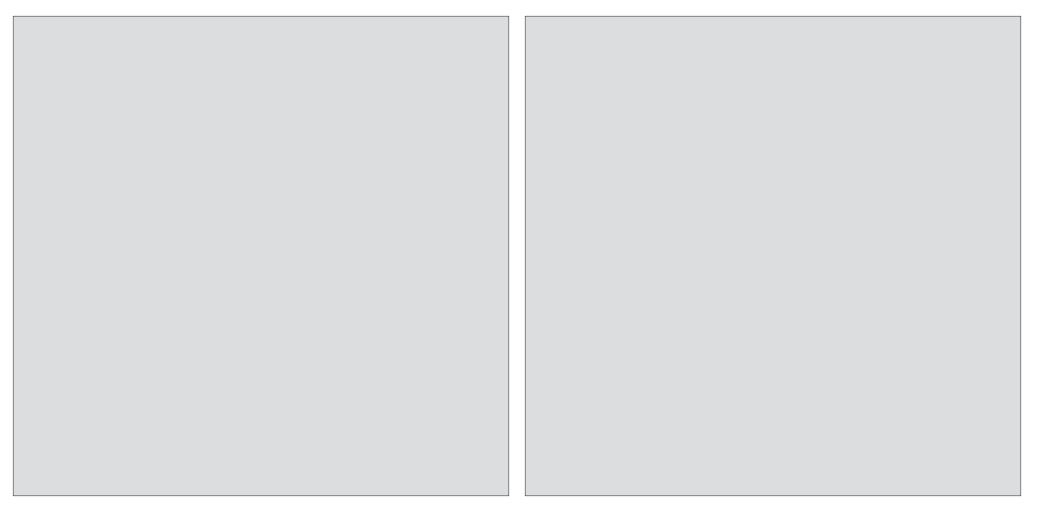
Prior to 9-11, according to the general, NORAD was primarily postured to look outward. Since that time, it has increased its emphasis and ability to look inward, while maintaining the capability to monitor and respond to outside threats.

"For decades, we obviously had a different focus," General Cairns said. "Initially, we had a strategic focus, looking at three different threats: the ballistic missile threat, the air-breathing threat and the cruise missile threat. Now we are engaged in countering the asymmetric threat to North America."

Irregular air patrol sorties have been the norm over the U.S. and Canada in recently years. Since 9-11, NORAD has flown more than 40,000 sorties and diverted irregular air patrols or scrambled fighters in response to more than 2,000

NORAD forces are trained, equipped and prepared to execute their missions, according to the general, adding that Canadians and Americans can be confident that NORAD is carrying out well-established actions to ensure the air sovereignty of North America.

"We're involving a great number of interagency partners today from both countries in executing our mission effectively," General Cairns added. "We've made a lot of strides since 9-11, and working with our interagency partners is making North America more secure."



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Tyndall Fire Department offers holiday fire safety tips

325th Civil Engineer Squadron

Once again, Christmastime is here.

This festive season is, however, one of the most dangerous times of year. The National Fire Protection Association reported 240 Christmas tree fires in 2002. These fires resulted in 23 deaths, 12 injuries and more than \$11 million in property damage.

With that in mind, the Tyndall Fire Department offers the following tips to prevent holiday fires:

- Christmas Trees Live (real) Christmas trees are not authorized in government facilities (excluding base housing). When buying a real tree, choose a freshly cut tree and be sure to keep it moist. Safely dispose of trees that begin dropping needles. Dried-out trees are highly flammable and should not be left in a house, garage or placed against the house. When purchasing an artificial tree, make sure it is labeled as "fire retardant." Place trees at least three feet from heat sources and do not place in a manner that blocks exits.
- Decorations When decorating, use lights that are listed by a testing laboratory and are rated for the intended use. Some lights are designed only for indoor or outdoor use, but not both. Always be sure to check cords for loose, broken bulbs and frayed wiring. Be careful not to overload circuits. A surge strip is always a good

idea; however, it is bad practice to plug them into one its exits and how to unlock doors and windows. another. Remember also to unplug /turn off all holiday decorations before leaving home or going to sleep.

- Candles In 2001, there were more than 2,500 candle fires during the month of December. It was reported that 11 percent of these fires were due to a decoration catching fire. Always use extreme caution when burning candles. Keep lighted candles well away from decorations and other combustible materials, and never decorate trees with candles. Never display lighted candles in windows, as curtains may ignite. Always keep candles, as well as matches and lighters, up and out of reach of children.
- Holiday parties Be sure to decorate only with flame-retardant or noncombustible material. If smoking is allowed in the home, provide guests with deep ashtrays and empty them frequently. After the party, be sure to check for discarded cigarette butts inside and under couches, chairs and in trash cans. A cigarette left in these places can smolder and ignite into a fire hours later.

Many will leave their children in the care of a babysitter to attend a party or two. Here are some tips to provide before leaving:

• Make sure children are familiar with the home,

- All households should have a meeting place outside when everyone gathers after a fire. The children should be shown where it is.
- Discuss the escape plan and meeting place with the children. Make sure every child knows where to meet outside.
- Provide instructions for contacting help in case of an emergency. In case of fire, call 911 from a safe location, outside or from a neighbor's house. Remember to stay calm when talking to the operator and provide name, address, phone number and what the emergency is.

Most fires that occur during the holiday season happen in the kitchen. Never leave cooking unattended. Keep pot and pan handles toward the inside of the stove out of the reach of children or an inadvertent bump. In case of a fire on the stove top, cover the pot or pan with a lid, turn off the heat and call 911. Portable fire extinguishers should be kept close just in case.

Home fires and the injuries they cause are not on anyone's Christmas list. Common sense and a little imagination make for an enjoyable and safe holiday season. Happy Holidays and Merry Christmas from the Tyndall Fire Department.



FOD Finder of the Month





Staff Sgt. Charles Herndon, 325th Aircraft Maintenance Squadron avionics environment electronics specialist, and Airman 1st Class Victor Morgan, 325th AMXS avionics environment electronics specialist apprentice, install inverter 2 in an F/A-22 Raptor Dec. 6. Sergeant Herndon is the newest FOD Finder of the Month. He found a pin and cauter key on the flightline that had fallen off of a B-4 stand. Congratulations, Sergeant Herndon!

AFOSI seeks new recruits

Military members looking to crosstrain into a challenging and rewarding career field should look no further than becoming a special agent with the Air Force Office of Special Investigations.

Headquarters AFOSI recruiters will conduct the briefing at 8 a.m. Dec. 12 at the base conference center across from the Officers' Club. There will be scheduled interviews from 8-10 a.m. Dec. 13. Civilian spouses are encouraged to attend.

Interested individuals who attend the Dec. 12 briefing need to bring a Records Review RIP with them. A RIP can be requested from unit orderly rooms or through the Virtual Military Personnel Flight online.

Every special agent is a volunteer. They're members of a highly-trained team that investigates crimes against persons and property, defeat and deter base-level and contract fraud, combat threats to our information systems and technologies and provide the Air Force counterintelligence support for its force protection mission.

Senior airmen with less than six years time in service, staff sergeants through master sergeants with outstanding records and fewer than 12 years of military service are eligible. Security forces members in the grades of staff sergeant select through master sergeant are eligible. Senior airmen must be in their cross-training window.

Officers must have less than 12 years Total Active Federal Military Service and less than six years Total Active Federal Commission Service to apply. AFPC must agree to release officer applicants in order to apply. More information can be found at http:// afas.afpc.randolph.af.mil/osi/ crossflow.htm.

Applicants with foreign language, computer and technical skills are among those highly sought after by the AFOSI.

For more information on AFOSI special agent duty prior to the team's visit, visit the AFOSI Web site at http://public.afosi.amc.af.mil or call 283-3261.

(Courtesy of Tyndall Office of Special Investigations)

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Associate Spotlight

Senior Airman Kellie Holt



Airman Holt receives the Associate Spotlight award from Col. Jimmy Pollard, Air Force Research

Laboratory commander.

The Checkertail Clan salutes Airman Holt, AFRL. She completed software certification inventories on more than 200 computer systems and was named outstanding performer for task completion by her unit's inspection team. She provided network support trouble desk help and maximized the level of base support for Detachment 2.

Duty title: Information manager

Time on station: One year, six months

Time in service: Six years **Hometown:** New Orleans, La.

Hobbies: Shopping and reading books

by Zane

Favorite book: "Nervous" by Zane
Favorite movie: "Waiting to Exhale"
Favorite thing about Tyndall: My unit

is so small we are like family **Pet Peeves:** People who have no

integrity

Goals: To finish CCAF degree

Proudest moment in the military:

Graduating basic training

The Associate Spotlight is a 325th Fighter Wing commander program designed to recognize a Warrior from one of Tyndall's tenant units. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate from the wing commander and other items presented by their unit.

[UNDER] CONSTRUCTION

Phase II of construction at the Sabre Gate in underway. This portion of work will last approximately four months. This phase of construction will allow for only outbound traffic flow through the Sabre Gate. Inbound access for military family housing residents and Youth Center, Golf Course, and Marina Club employees will be through School Road Gate.

All inbound traffic through School Road Gate will be required to turn right onto DeJarnette Road, and all outbound traffic on Sabre Drive will not be permitted to turn right on DeJarnette Road. All other inbound traffic should use the main gate at Illinois Avenue.

Checkertail Salute

Airman 1st Class Cory Bower



and Lt. William Powell

Airman Bower receives the Checkertail Salute Warrior of the Week award from Col. Brian Dickerson, 325th Fighter Wing vice commander.

The Checkertail Clan salutes Airman Bower, 95th Aircraft Maintenance Unit. He garnered a 100 percent Quality Assurance pass rate on all personal evaluations, earning him QA's "Hot Performer" award in July. Airman Bower also helped hangar 25 jets in only three hours to avoid Tropical Storm Bonnie.

Duty title: F-15 Eagle crew chief **Time on station:** One year, six months **Time in service:** Two years, two months

Hometown: Chillicothe, Ohio **Hobbies:** Weightlifting and playing guitar

Favorite movie: "Joe Dirt"

Favorite book: "Wild at Heart" by John

Eldredge

Favorite thing about Tyndall: The beaches and small town atmosphere

Pet peeves: Lazy people Goals: Complete CCAF degree Proudest moment in the military:

Assisting former 95th AMU Chief Master Sgt. Dave Lynnam with launching his final jet before retiring

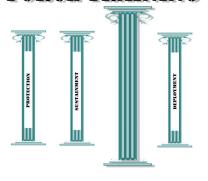
The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.

The Gulf Defender is published for people like Senior Airman Brian Manning, 53rd Weapons Evaluation Group weapons director technician.





FORCE TRAINING



Training Spotlight

How has watching tiny lights on a computer screen all day affected your eyes?

My eyes have actually gotten better. I'm able to focus more on small things, and my attention to detail has increased."



2ND LT. TYSEN PINA 325th Air Control Squadron air battle manager student

Student Focus

Mission ready: A day in the life a greenbelt

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Imagine standing in front of a fully operational multi-million dollar fighter aircraft while it is taxiing to a runway, knowing you have the sole responsibility of ensuring the pilot is safe and aircraft is structurally sound.

Airman 1st Class Sarah Nason, 372nd Training Squadron student, has been practicing for her chance all week to complete this final training certification before becoming an operational Air Force F-15 crew chief.

"In the military you're giving your life to serve your country, and that should be my priority," said the Airman, who joined the service to do something that mattered and was "cool."

Maintenance was one of her top three choices. She was able to get her choice of working on fighters, and after training she is going to Elmendorf AFB, Alaska, a place she grew fond of when doing her college internship at a state park there.

Her average training day starts with getting the day's itinerary from instructors, ensuring a classmate has a tool box and boarding a bus to head to a hangar for jet orientation and servicing. Somewhere in the middle of the task they get lunch but the day is not over until the task is complete. It is hands-on training based on cards pulled from the maintenance technical orders.

"I want them to know the basics – what they need to get by and survive on the flight line," said Staff Sgt. Fred Frazer, a five-year experienced crew chief serving his first year as an instructor here.

In their first week, instructors review approximately 12 aircraft servicing tasks students

learned at their technical school at Sheppard AFB, Texas. Then one by one, students will be certified in each. In addition time is spent in the classroom learning about forms they use to track aircraft history, current servicing and future repair needed. The third week students learn the many how to conduct a post flight inspection and conclude the last two weeks launching and recovering aircraft.

"Instructors will demonstrate the launch while we watch and then we'll practice," said Airman Nason. "But starting tomorrow we'll be on our own."

She and seven other classmates

plan to graduate together Thursday, but first they will all have to launch and recover an aircraft three times in direct accordance to an Air Force technical order independent from each other and instructors.

"It will be nerve-racking because the launch is the one thing we never covered at Sheppard AFB," said the Airman. "I'm one step closer to being in the operational Air Force and excited to go to my first base. Wearing the green belt doesn't bother me because it's just cool that we're here working on jets and are not just trainees."

Together the class helps each other get through each task successfully. To prepare, they practice role playing pilot and crew chief in the hangar until each step is completely memorized.

"You go over and over the steps until you feel comfortable with it," said Airman Nason.



Chrissy Cuttita

Airman 1st Class Sarah Nason, a mission ready airman student, reviews F-15 Eagle engine components with her instructor Staff Sgt. Fred Frazier, 327nd Training Squadron/Detachment 4.

It was the same type of practice schedule they had last week inspecting the whole aircraft nose to tail, looking for any discrepancies like cracks, leaks or anything that may make the F-15 inoperable or unsafe.

"It's just like putting oil in a car," said the student about checking fluid levels in the aircraft. "It won't run properly without it."

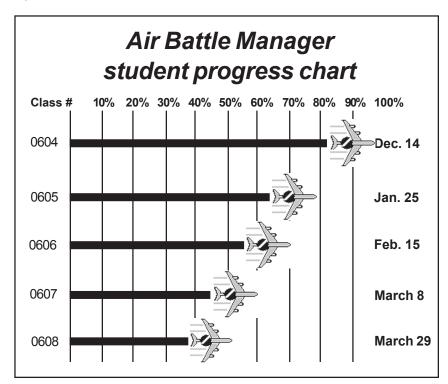
Before she joined the Air Force, Airman Nason, a Maine native said she didn't know anything about maintenance or F-15s. Now she has gained knowledge, experience and a strong sense of responsibility to her nation.

"I know my job is important and I want to do it right," she said. "We are responsible for the pilot's life and our own. This job can also be dangerous. We always got to be on our toes, paying attention to our surroundings."

Future 'STARs'

Second Lt. Tysen Pina, right, 325th Air Control Squadron air battle manager student, points out where he will be sitting in the E-8 Joint Surveillance Target Attack Radar System to other ABM student lieutenants Robert Currie and Jim Fowley. The students and other members of class 06004 will graduate from the 10-month-long ABM course Wednesday.









Top AF entertainers put on the 'Ritz,' showcase talent for local crowd



STORY AND PHOTOS BY 2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

For the second time this year, the worldrenowned Tops in Blue Air Force entertainment group performed here Dec. 2 before hundreds of Airmen, family members and the local community.

As one of the oldest and most widely traveled entertainment groups of its kind, Tops in Blue is an all active-duty Air Force special unit made up of talented amateur performers selected for their entertainment abilities. Their main purpose is to perform for military personnel and their families throughout the world.

"We don't go outside of our Air Force for the 2006 world tour.

looking for these wonderful entertainers," said Brig. Gen. Jack Egginton, 325th Fighter Wing commander. "We find them she'll be wearing sparkling uniforms. right inside of our Air Force, and every

year they keep getting better and better."

The general said Tyndall has a special connection with Tops in Blue. The current drummer, Senior Airman Robert Washington, is a previous

Tyndall firefighter, and 1st Lt. Carolynn Czepiga, 325th Fighter Wing protocol officer, just earned a spot as a performer

"This year Lieutenant Czepiga is wearing the blue service dress, but next year When you all come back to watch next

> year's show, you'll know one of the performers right off the bat," General Egginton said to the Marina Civic Center crowd.

This year's 90-minute show combined the energy and Motown mu-

sic of the famous mid-twentieth century Ritz nightclub with pop hits from the 1980s and '90s to appeal to both the older and younger crowd.

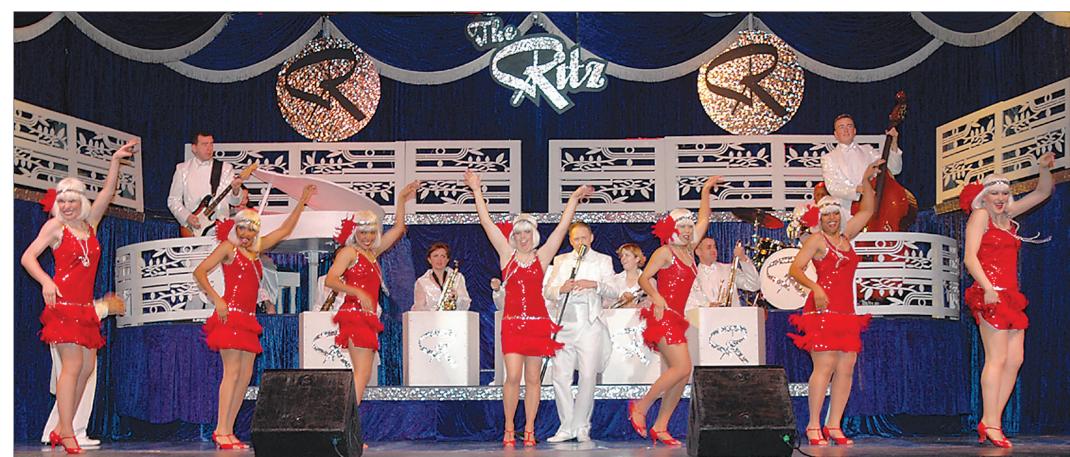
"The music was my favorite part because it sounded beautiful," said Andrew Luiken, 7, son of Col. Marc Luiken, 325th Mission Support Group commander. "I also liked all the lights."

"The show was a lot of fun and I loved it," said Regina McBride, a Panama City resident. "I've heard about Tops in Blue for years, but I've never been able to make it to a show until now. They are even more talented than I expected. I will definitely come back next year with the rest of my family."

Although the group's performance here was the second in less than year, the 35member entertainment team had already traveled to nearly two dozen different countries and performed nearly 100 shows in between Tyndall visits. Known as the Air Force's expeditionary entertainers, Tops in Blue travels wherever U.S. troops are sta-

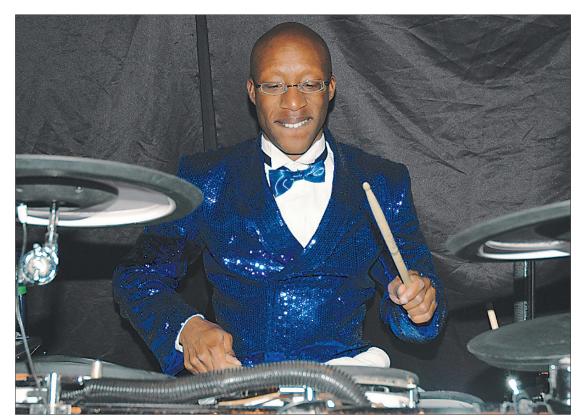
But in addition to singing and dancing, they also must master the intricate responsibilities of being their own technical staff. The group sets up and tears down 42,000 pounds of staging, lighting, audio and special effects equipment required for each show.

"It's busy, but I wouldn't necessarily call it tiring," said Airman Washington. "After awhile you get used to it. (The directors) told me before I began the tour that it would be a lot of hard work, and they were right.



Tops in Blue performers take the stage in their opening act Dec. 2 at the Marina Civic Center. The group of 35 singers and musicians perform more than 115 shows each year

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Senior Airman Robert Washington keeps the beat going with the drums during the show. Airman Washington was a Tyndall firefighter before being picked up for TIB for the 2005 season.

But it's also a lot of fun."

According to Capt. William Middleswart, TIB operations officer and vocalist, touring and training together for nearly a year builds strong bonds among the performers, which helps keep their minds off the long hours and busy days.

"We become like brothers and sisters here," Captain Middleswart said. "Sometimes you feel like you want to leave so you can get a break, but at the same time you don't want to leave because of the camaraderie and the music. We work hard, but it's well worth it. I don't think we'll know just how great this

experience is until we say goodbye and return to our normal jobs at our individual installations."

The performers are a complete self-contained operational unit with each member also being assigned logistical responsibilities such as ground transportation, airlift, dining, ward-robe and lodging, but they all have one thing in common, according to Airman Washington.

"We all share a love for music, and we all want to be here," he said. "I know I'm doing what I love."

(Tops in Blue contributed to this article)



Senior Airman Gregory Butler quickly becomes a crowd favorite as he sings a medley of Ray Charles hits. The entertainment group also performed hits from the 1980s and '90s.



2nd Lt. William Powell

Brig. Gen. Jack Egginton, 325th Fighter Wing commander, tries to get 1st Lt. Carolynn Czepiga to sing and dance in front of the crowd before the Tops in Blue performance Dec. 2 at the Marina Civic Center.

Tyndall Airman Tops in Blue bound

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

For the second-straight year, an Airman here will represent Tyndall in one of the Air Force's premier entertainment groups: Tops in Blue.

First Lt. Carolynn Czepiga, 325th Fighter Wing protocol officer, was named one of the newest performers for the 2006 touring season Nov. 14 after a complex and competitive 10-day tryout during the Air Force Worldwide Talent Contest at Lackland AFB, Texas

"The competition was a lot of fun but a lot of work," she said. "I never realized how much work it would be until I got there."

The first seven days of the competition were devoted to interviews, rehearsals and auditions. The auditions were broken up into four categories: vocal, instrumental, dance and specialty. The contestants were put on the spot during their specialty auditions, which she said made her feel like an actor on "Whose Line is it Anyway?"

"(The judges) don't tell you beforehand what they're going to ask you to do," said the lieutenant. "I went into a room, and they gave me a book and told me to pick any page and read it with a British accent or like a chicken or a surfer."

During the last three days of the competition, the contestants perform an actual show in front of a large crowd, similar to what they would do as a member of Tops in Blue.

Lieutenant Czepiga said it was a lot to learn in a short amount of time, but as a new member of Tops in Blue, she'll be expected to learn even more, quickly.

She leaves Tyndall in early February to begin two months of intensive training before the 2006 season begins in May.

"I talked to some of the current members, and they told me to just be prepared," she said. "They said the long hours are taxing on the body, but overall I believe it will be rewarding in the end."

Even though the lieutenant said she's excited about leaving for this once-in-a-lifetime opportunity, she'll miss Tyndall and the relationships she's formed here.

"But I'm looking forward to coming back to Tyndall to perform," she said.

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Briefs

RAO volunteers

The Retiree Activities Office is seeking volunteers to assist with the various tasks associated with running the office. The RAO is an all-volunteer organization that provides assistance and information to Tyndall's retiree community on retiree-related issues. Those interested in volunteering should contact the office by e-mail at tyndall.RAO@tyndall.af.mil or call 283-2737.

AADD volunteers

Airmen Against Drunk Driving is looking for volunteers. The hours of operations are 5 p.m. to 5 a.m. Fridays and Saturdays. Volunteers must be E-1s through E-4s. Those interested in volunteering can call 867-0220, or e-mail Airman 1st Class Brandon Krueger at brandon.krueger@tyndall.af.mil.

Lifeguards needed

The 325th Services Squadron's Outdoor Recreation office is compiling a list of possible candidates to be lifeguards for the upcoming season. Anyone who is currently certified or interested in becoming certified can contact Cindy Workman at 283-3199, or by e-mail at cindy.workman@tyndall.af.mil.

Vehicle decal reminder

The 325th Security Forces Squadron would like to remind all Department of Defense motorists that it might be time to update your vehicle base access stickers. If your vehicle's year sticker reads "05," you have until Dec. 31 to renew your decal with Pass & Registration.

A valid DOD identification card, current driver's license, current state registration form and current proof of insurance card must physically be presented for each vehicle to receive a new decal.

Tyndall's new Pass & Registration building is located on US Highway 98, directly across from Sabre Gate, and is open from 7:30 a.m. to 4:30 p.m. Monday–Friday. For more information, call 283-4191.

Facility managers training

The mandatory annual training for facility managers is scheduled from 8–11:30 a.m. Tuesday in the WEG auditorium. A makeup session is scheduled from 8–11:30 a.m. and noon to 3:30 p.m. Jan. 7 at the NCO Academy auditorium. For more information, call CE customer service at 283-4948/4949.

Running back

Bryon Nelson crosses the finish line after completing Tyndall's Toughest Run Saturday. Nelson was part of the winning relay team, which completed the 8-mile race in 1 hour, 8 minutes, 58 seconds. The men's division winner was Trevor Teeslink who finished in 55 minutes, 18 seconds. The women's division winner was Elaine Tatarek who finished in 1 hour, 2 minutes, 19 seconds.



Master Sat. Kenneth Young

SBP briefing

An SBP counselor will schedule those about to retire for a pre-retirement briefing, well before the retirement date. In addition to the briefing, various handouts are available to assist with making decisions. For more information, call Tyndall's SBP counselor, Alicia Gibbons, at 283-8392.

Military family employment specialist

A Military Family Employment Specialist will be available at the Family Support Center 8:30–11:30 a.m. every Wednesday. The employment specialist is available to assist military spouses with job placement and referral for positions in the Panama City area and to register spouses in the workforce employment system. For more information or to make an appointment, call the FSC at 283-4204.

GCCC schedule

Gulf Coast Community College fees are due Jan. 2 and classes start Jan. 5. Tuition assistance forms are now available online. These forms may be brought by the GCCC office in the Tyndall Education Center or faxed to the campus at 872-3836. For further information call 283-4332.

Airman Cookie Drive

The Airman Cookie Drive is from 7–9 a.m. Monday at the Commissary. At least 400 dozen cookies are needed. For more information, call Master Sgt. John Ross at 283-4227, Linda Nicolas or Vermell Moore at 286-5704.

Christmas tree sale

The 325th Communications Squadron is

selling Christmas trees from 10 a.m. to 8 p.m. until Dec.19 east of the new Tyndall Visitor Center. Trees are \$30 up to 6 feet 6 inches tall and \$35 for taller trees. For more information, call 283-8410.

Commissary hours

The Commissary will open at 9 a.m. and close at 3 p.m. Christmas Eve Dec. 24. The Commissary will be closed Christmas Day.

On New Year's Eve Dec. 31, the Commissary will be open 9 a.m. to 6 p.m. It will be closed on New Year's Day.

Also, Santa Claus will be at the Commissary from 9:30–11:30 a.m. Dec. 17. He will then be at the Base Exchange from 11:30 a.m. to 2:30 p.m. Parents who want photos must bring their own camera. There will be a small gift for each child.

Airman's Attic

Family Services and the Airman's Attic are open from 9 a.m. to 1 p.m. Monday—Friday in Bldg. 747. Call the Family Services office at 283-4913 for more information.

Thrift Shop hours

The Thrift Shop will be closed Dec. 21-23 and 28-30 for the Christmas holiday. It will open Jan. 4 and be ope for its first Saturday Jan. 7.

Normal operating hours are 9:30 a.m. to 12:30 p.m. Wednesday–Friday, with consignments from 9:30–11:30 a.m. Wednesdays and Thursdays. The Thrift Shop is located in Bldg. 743, across from the Post Office. For more information, call 286-5888.

Tyndall Chapel Catholic services

Daily Mass, 11:30 a.m. Monday— Friday, Chapel Two Reconciliation, before Saturday Mass or by appointment Saturday Mass, 5 p.m., Chapel Two

Saturday Mass, 5 p.m., Chapel Two Sunday Mass, 9:30 a.m., Chapel Two Religious Education, 11 a.m., Bldg. 1476

Advent Penance Service, 7 p.m. Dec. 12, St. Dominics

Bell Choir, 4:30 p.m. Dec. 24 and 9 a.m. Dec. 25, Chapel Two Children's Vigil Mass, 5 p.m. Dec. 24,

Chapel Two
Christmas Day Mass, 9:30 a.m.,
Chapel Two

Protestant services

Traditional worship service,
9:30 a.m., Chapel One
Contemporary worship service,
11 a.m., Chapel Two
Wednesday Fellowship, 5 p.m.,
Chapel Two
Candlelight/Communion Service,
7:30 p.m. Dec. 24, Chapel Two
Christmas Traditional Service,
9:30 a.m. Dec. 25, Chapel One
Christmas Contemporary Service, 11 a.m.

Ecumenical services

Dec. 25, Chapel Two

Hanging of the Greens, 9:30–11:30 Dec. 10 Chapel Two Cantata, 7 p.m. Dec. 14, Chapel Two Bell Choir, 4:30 p.m. Dec. 24, Chapel Two

Jewish services

Hanukkah Celebration, 6 p.m. Dec. 30, Temple B'Nai Israel Dec. 9, 2005 Gulf Defender Page 15



Taking aim

Donald King and Phillip Pittman play a quick game of darts during a break from instructing recently at the 372nd Training Squadron/Detachment 4. King and Pittman are the intramural doubles darts champions. For more information on intramural sports, contact a squadron sports representative or call the Fitness Center at 283-2631.

AFRL uses Seattle's win to break four-way tie

PIGSKIN PROGNOSTICATOR

From Emerald City

While the NHL seems to be going through a scoring dry spell (three 0-0 games this season?), the NFL has seen some high scoring games so far.

The Bungles ... er, Bengals ... pushed past Pittsburgh's Steel Curtain to win 38-31 Sunday. Cincinnati, who has all but won their spot in the division championship, seems to be turning around this season. And the poor Steelers. It doesn't even seem to matter that quarterback Ben Roethlisberger is back.

Another high scoring game, at least on one side, was the Seahawks shut-out of Philadelphia. A 42-0 game would hurt any team, but the Eagles have been to the NFC division championships for the last four years, and they've also been hit hard by injuries. But, I guess only one bird can rule the roost.

Speaking of ruling, 325th CS and ACS, and NCOA and AFRL all tied

for first after Sunday's games. AFRL came out on top by guessing the exact total score of Monday night's game.

Zach Gray from AFRL has been sending in his team's picks each week. He has taken them slowly up through the ranks, aiming for the top. He could not be reached for comment, so I can only assume he's using his time to come up with another winning list.

One team that thinks they have a winning list for Week 14 is 325th MSS. They went against the grain and picked Jacksonville over Indianapolis. What gives?

"My Jags will bust the Indy bubble!" exclaimed Raymond Hamilton, 325th MSS. "The law of averages is on my side. The Indy team is due to not be hitting on all cylinders."

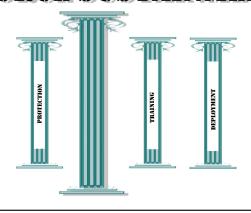
Well, *someone* is one spark plug short of a tune-up.

Now, let's get out there and watch some football!

Prognosticator scorebox

Team	Week 13	Total
PIG-PRO	G 11	114
325th AMX	S 10	124
325th ACS	13	121
325th MOS	12	120
325th SVS	11	119
325th CS	13	119
325th CON	S 12	118
325th MDO	S 9	116
2nd FS	11	116
823rd RHS	12	115
325th CES	12	109
First Sgts.	8	108
325th CPTS	S 9	102
325th OG	10	99
53rd WEG	0	92
AFRL	14	92
325th MXS	0	90
325th MSS	0	85
NCOA	13	82
325th OSS	0	78

FORCE SUSTAINMENT



Intramural Sports Standings

Basketball

<u>Team</u>	W	L	<u>Team</u>	W	L
ACS	2	0	SVS	1	1
AMXS 2	2	0	COMM	1	2
AMXS 3	2	0	SFS	1	2
oss	2	0	AFRL	1	3
MXS	2	0	601st EAOG	0	2
95th FS	1	0	83rd FWS	0	3
AMXS 1	2	1	CES	0	3

Bowling

<u>Team</u>	W	<u>L</u>	<u>Team</u>	W	L
MXS-Phase	84	36	1st AMU 2	60	60
601st EAOG 2	72	48	MXS-AMMO	58	62
MXS 1	72	48	53rd WEG	58	62
CS 1	72	48	MOS	57	63
IAM	70	50	CES	56	64
SFS	70	50	CONS	55	65
601st EAOG 1	68	52	oss	54	66
MSS 1	66	54	ACS 2	54	66
AMXS	66	54	RHS	52	68
83rd FWS 2	66	54	NCOA	52	68
TEST	64	56	MDG	50	70
MSS 2	64	56	svs	49	71
AFCESA	64	56	CS 2	48	72
83rd FWS 1	64	56	ACS 1	48	72
1st AMU 3	63	57	1st FS	48	72
1st AMU 1	60	60	AAFES	30	90

Pig-Prog vs. NCOA

Chicago @ Pittsburgh Chicago Cleveland @ Cincinnati Cincinnati Houston @ Tennessee **Tennessee** Indianapolis @ Jacksonville **Jacksonville** New England @ Buffalo **New England** Oakland @ N.Y. Jets N.Y. Jets St. Louis @ Minnesota **Minnesota** Tampa Bay @ Carolina Carolina N.Y. Giants @ Philadelphia N.Y. Giants San Francisco @ Seattle Seattle Washington @ Arizona **Arizona** Baltimore @ **Denver** Denver Kansas City @ Dallas **Kansas City** Miami @ San Diego Miami Detroit @ Green Bay **Green Bay** New Orleans @ Atlanta-27 points 24 points

The Pig-Prog lost to the 325th CS in the Week 13 challenge. It's like they say: COMM Rules.

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Tyndall Airmen lead AF to rugby championship

2ND LT. WILLIAM POWELL

325th Fighter Wing Public Affairs

Two Tyndall Airmen helped lead the Air Force to its second-straight championship in the 2005 Armed Forces Rugby Championship held recently at Camp Lejeune, N.C.

Bryan Pemberton, 325th Contracting Squadron, and Eric Cappell, 43rd Aircraft Maintenance Unit, took to the field and cruised past all the other services, losing only once to the Marines, who the Air Force later defeated.

The final match pitted Air Force against Navy, a repeat of last year's competition. The Air Force won 46-14.

"It was a great opportunity to represent the Air Force and have a little competition with the other services," said Cappell, a lieutenant who began playing rugby in the Air Force Academy in 2000 and currently plays for the Panama City Beach Hurricanes.

He, Pemberton and a few other players were selected out of nearly 70 competitors to play on the Air Force team during a rugby tournament recently at Lake Placid, N.Y.

This was the second-straight year playing for the Air Force for Pemberton, a staff sergeant who also played for the Hurricanes before recently moving to Elmendorf AFB, Alaska.

"Both individuals contributed immensely to the championship victory over our sister services," said Mark Young, Air Force rugby team assistant head coach and Hurricanes head coach. "Lt. Col. Ken Holliday, head coach of the AF team, considered Bryan a very consistent player who delivered impact plays and Cappy as a dynamic player capable of playing any backline position the team asked of him."

The sergeant and lieutenant both agree that one of the biggest draws to the sport is the relationship the players build with each other on and off the pitch.

"Rugby is a full contact sport that requires a team playing as one," said Pemberton, who began playing the sport in 1997 while in Spangdahlem, Germany. "Anyone weak in heart who doesn't carry his load is going to have a negative



Courtesy photo

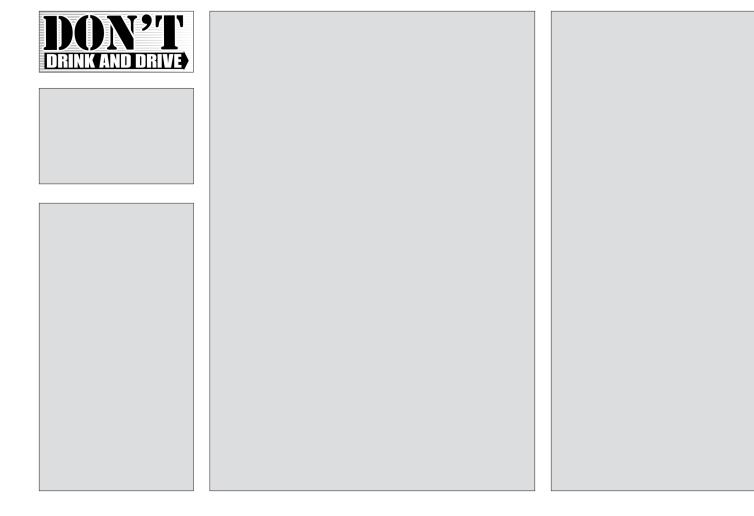
Eric Cappell, 43rd Aircraft Maintenance Unit, runs down the pitch with the ball during the 2005 Armed Forces Rugby Championship held recently at Camp Lejeune, N.C. The Air Force beat the Navy to win the competition, 46-14.

effect on the entire team."

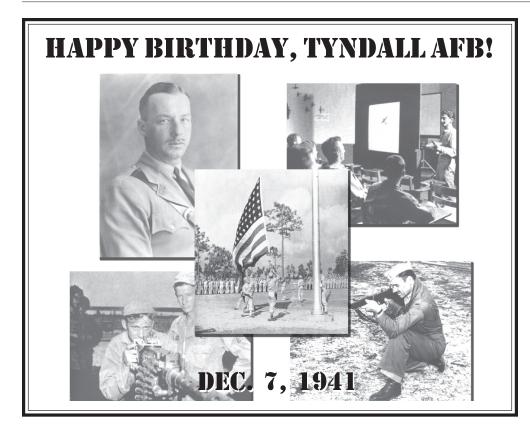
"It is the ultimate team sport," added Cappell. "I will definitely remember all the guys I met at the championship and the friendships I made. It's great to know that

wherever you go in the world, there's going to be an Air Force rugger nearby."

For more information about rugby or the Hurricanes, contact Mr. Young at 283-6066.



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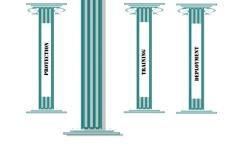


Tigers split with Hawks in weekend SEMAC action

ball team split their two game set with the visiting Robins Hawks, from Robins AFB, Ga., in Southeastern Military Athletic Conference regular season games this past weekend.

In Saturday's game, Tyndall jumped out to went on a late run to trim the Tigers lead to

two points, 33-31 at the half. In the second half, Tyndall maintained a lead of five to six points throughout the period as they repeatedly denied the Hawks attempts to seize the lead. Tyndall connected on key free



FORCE SUSTAINMENT

throws down the stretch to seal the 79-74

Elvin Walker paced the Tigers in scoring with a game-high 25 points, followed by Ryan Cunningham with 13, Jeffrey Blue with 12, and Jared Austin and Anthony Showers with 10 points each. Blue led in rebounding honors with 10 and Showers led in assists with five. Kevie Smith led Robins in scoring with 19 points.

Sunday's game saw the Tigers jump out to an early lead that they maintained through-

The Tyndall Tigers men's varsity basket- out the half, going into the intermission 43-30. In the second half, the Tigers suffered through a five minute scoring drought that resulted in Robins making a run to get back into the game.

With 1:02 remaining to be played, the an early 14 point lead, 26-12, before Robins Hawks took their first lead of the contest 75-74. From that point Robins went 5-6 from

> the free throw line, while Tyndall went 1-6, as the Hawks battled all the way back to take the victory, 80-75.

Showers paced the Tigers in scoring with 19 points, followed Cunningham with 16 and Walker will

14 points. Austin led the Tigers in rebounding with 13 and Mike Clair led in assists with five. Duane Huff led Robins in scoring with a game high 23 points.

The Tigers are now 9-3 in conference, 11-5 overall, and tied for first place with Moody AFB, Ga. The Tigers are idle this weekend, but will host Hurlburt Field, Fla., Dec. 17-18 in their final SEMAC regular season games before the holiday break. The Lady Tigers will host Fort Benning, Ga., Dec. 17-18.

(Courtesy Tyndall Tigers)



Dec. 10, 1967 - Atornado hit the Capehart Housing Area of Tyndall, killing one person and injuring 57 people. The storm also destroyed 69 duplex units.



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Diabetes: Incurable, but manageable

STAFF SGT. BENJAMIN ROJEK

325th Fighter Wing Public Affairs

There is a serious medical condition that kills more than 200,000 people in the United States each year, yet some people may not even know they have it.

Diabetes, which affects 20.8 million people in the U.S., cannot be prevented, but people can try to lower some of the risk factors for getting it.

Risk that factors that can be lowered include weight

and diet, said Capt. Kelly Gervera, 325th Medical Operations Squadron registered nurse and certified diabetic educator.

"You may have other risk factors (such as a family history of diabetes), but if you maintain your weight and modify your diet, as well as get tested regularly, you can lower the risk," said Captain Gervera.

People who are at risk should watch their carbohydrate intake, she said. In the body, carbohydrates turn into glucose, a type of sugar, which in turn raises the blood glucose level. For diabetics, this is where the trouble starts.

Insulin is what the body creates to help move glucose from blood to cells, according to the American Diabetes Association Web site, diabetes.org. Diabet-

ics' bodies don't make any insulin, not enough insulin or insulin that doesn't work correctly. Some signs of diabetes include continual thirst and hunger, blurry vision, sudden weight loss or wounds that won't heal. Left unchecked, this can lead to stroke, blindness or nerve damage.

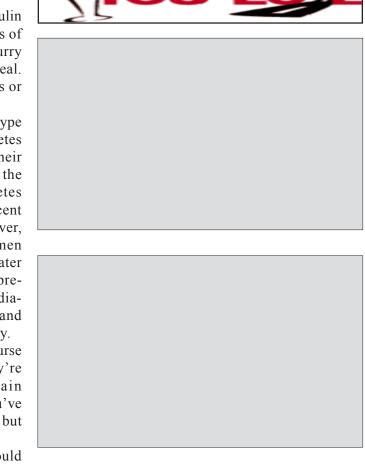
While the two most common types of diabetes, type 1 and type 2, can affect anyone, gestational diabetes only affects pregnant women, usually late in their

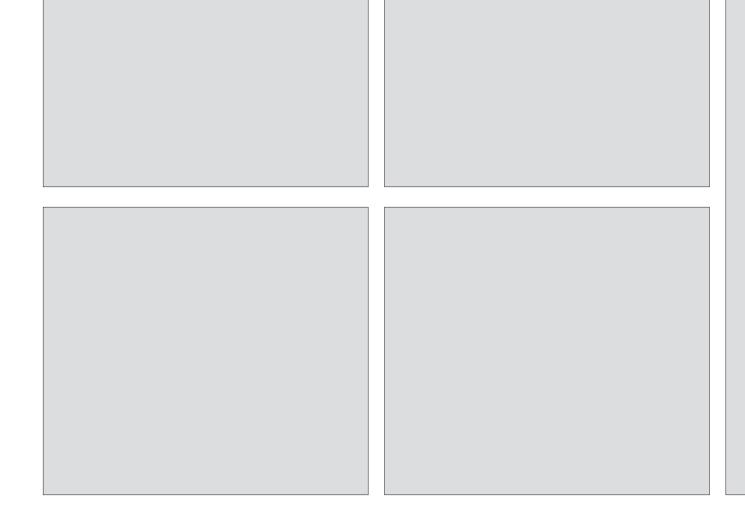
pregnancy, according to the ADA. Gestational diabetes usually affects only 4 percent of pregnant women; however, 60 percent of those women may get type 2 diabetes later in life. Women can help prevent the onset of type 2 diabetes by eating healthy and exercising after pregnancy.

"My biggest thing as a nurse is telling people that they're in control," said Captain

Gervera. "It is scary, but if you take control, you've conquered this monster halfway. It's nor curable, but it is manageable."

For more information on diabetes, people should speak with their primary care manager, or call 283-7501 and ask for Captain Gervera. The Health and Wellness Center also offers classes on diabetes. Those interested can call the HAWC at 283-3826.





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Look ahead! The Checkertail Market is on Page 21. Search for cars, furniture and more. And placing an ad is free!

Airman teach, learn as mentors

CHRISSY CUTTITA

325th Fighter Wing Public Affairs

Children need someone to look up to, and that is exactly what Team Tyndall provides to local area elementary schools.

Bay County's Youth mentor program has sparked an interest in some of our Airmen and particularly two squadrons here.

"Our mentors give the children something to aspire for and get them thinking about their future," said Staff Sgt. Johnathan Tindell, 83rd Fighter Weapons Squadron, who has 17 squadron members signed up to mentor at Cedar Grove Elementary School. "Each mentor has a student assigned by the guidance counselor who gives the child's background and assesses the child's needs."

The program was designed to encourage students to stay in school, and each local school has its own guidelines. For most area schools, a school professional chooses students with poor attendance, academic delays or discipline issues for mentoring.

"For us, this is the biggest group of mentors we've had in years and it's probably the best group we've had," said Becky Clement, Springfield Elementary Parent liaison about the 18 maintenance squadron members who visit weekly.

Staff Sgt. Samantha Whitfield, 325th Maintenance Squadron, went to Springfield to volunteer her squadron as mentors and she has enjoyed her first year at the school.

"I like establishing the relationship with children," said Sergeant Whitfield. "What is important is that she knows I'm her friend."

fourth-grade student at Springfield, enjoys playing on the swings with her mentor, Sergeant Whitfield.

For three months they have visited her favorite playground on Thursdays. They usually come with another mentor and student who are all friends together. The group setting helps the students build self esteem and confidence,

something that wasn't so strong when school started.

"There has been a huge improvement in behavior and attitude for three of my students who have mentors," said Tricia Torray, a Cedar Grove fourth- grade teacher. "Everyone wants a mentor and it wouldn't hurt if they all had one."

"Some children don't have strong role models to grow up around and admire," said Ms. Clement. "The mentors are proud of the kids and the kids are proud of them."

One student shared his story of having to repeat fourth grade.

"I think it was because I missed so many days," said Larry Simpson, Springfield student.

"Hopefully we can get him on the right course and to the next grade by focusing on the right things," said Larry's mentor, Senior Master Sgt. Ron Wagner, 325th MXS.

The student's goal is to play foot-



Takenya Woods, right, a Springfield Elementary School student, works the computer mouse with mentor, Staff Sgt. Samantha Whitfield. Woods' friend Azyia Kelly also meets with them regularly with her mentor.

> to play sports with him while discussing what is happening in his life.

> "Sergeant Tindell is my mentor and he helps me out," said Gene McHall, fourth-grade student at Cedar Grove, who remembers how Sergeant Tindell gave him a coin for being good. "He told me to respect my teacher and not get into any fights."

> "I strongly believe that if anyone is interested in being a mentor they should call any school and talk to a volunteer coordinator," said Ms. Clement. "There is such a great need and you see so much growth in the students when they have a mentor."

> "Mentoring is a win/win activity – the students grow and thrive with positive role models plus it also fosters personal growth amongst those who serve as mentors," said Jodie Schwartz, Family Support Center flight chief. "If a squadron is interested in sponsoring a local school by providing mentors, they should contact Catherine Tarrant

Takenya Woods, a 10-year-old	ball, so Sergeant Wagner said he likes at 283-4204."

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Attention Team Tyndall: Place a *free* classified ad in the Gulf Defender

Military classified ads are placed in the Gulf Defender on a space available basis. Ads must be for a one-time sale of personal goods and should include a complete description, 30 words or less, of item being sold. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender. Completed forms can be dropped off or mailed to the 325th Fighter Wing Public Affairs Office at 445 Suwannee Rd. Ste. 129 Tyndall AFB, FL 32403, or faxed to (850) 283-3225. Ads can also be sent in by e-mail to checkertailmarket@tyndall.af.mil.

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Take a couple of minutes to give us your thoughts on how we can make the Gulf Defender better:

Did the front page grab your attention? Yes □ No □

Do you feel there is a good mix of local, command and Air Force-level news? Yes □ No □

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Is the Gulf Defender easy to read and follow? Yes □ No □

What did you find most interesting in this week's paper?

If you could change one thing in the paper, what would it be?

Comments:

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he said. Adequately transmitting the importance of safety training and risk management is critical.

"Safety is a critical, essential part of our day-to-day responsibilities as Airmen," said General Rogers.

But it's not just safety the general is focusing on. He said he wants to move the 19th Air Force forward.

"What I want to do is focus on removing any obstacle that would hinder our Airmen who are executing the mission," he said. "This means providing them with the equipment, quality of life, safety and security that they need to better focus on the mission.

"I also want to focus on strengthening our professional military culture, improving teamwork and fostering collaboration to enable improvement," he added.

Tyndall is one base that is doing a fantastic job at providing a great quality of life for Airmen and their families, said Deb Rogers, General Rogers' wife.

"Every place I visited, from the Family Support Center to the Child Development Center, were such professionals," said Mrs. Rogers. "Everyone is just so motivated to make their facility and programs the best. They're truly taking care of our people."

Taking care of people has big impact on the mission, she

"When Airmen can go to work and know that their families needs are met, they can do their job with a clear head," said Mrs. Rogers.

General Rogers said he, too, was impressed with what he saw at Tyndall.

"I think under the leadership of General Egginton and Colonel Dickerson, this wing is making great progress," he said. "I'm impressed with the talent and caliber of those Checkertail Clan Airmen and officers that I came in contact with. Keep doing what you're doing and move forward."

And for those Airmen who think they would never have a chance at one day becoming a general officer, General Rogers had some advice.

"Don't ever sell yourself short," he said. "When I was younger, if someone had said, 'You're going to be a squadron commander, a group commander and a general officer,' I would have first thought, 'I don't know if I could do that.' But you really can accomplish more than you ever think you can."

2006 'Scholarships for Military Children' now available

BONNIE POWELL

Defense Commissary Agency

Money for college is "what's cooking" at 268 military commissaries worldwide as the Scholarships for Military Children program begins its sixth year of rewarding academic excellence.

Applications for the scholarship are available at Tyndall commissary and must be returned to the commissary by close of business Feb. 22, 2006, according to Store Director Michael G. Yaksich.

Since its inception in 2000, the program has **FORCE SUSTAINMENT** awarded \$1,500 scholarships to nearly 2,500 military children through the generosity of manufacturers and businesses that sell groceries in commissaries.

Applications, eligibil-

ity and other information for the 2006 SFMC program are also available online at www.militaryscholar.org or through a link at www.commissaries.com, the Defense Commissary Agency's customer Web site. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

Applications, which also includes an essay on why the applicant admires a great military leader (past or present), must be turned in at a commissary by close of business Feb. 22 either by mail or in person. FAX or e-mail applications are not accepted.

The program is open to unmarried children under the age of 21 (23 if enrolled in

school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2006, or enrolled in a program of studies designed

> to transfer directly into a four-year program.

> The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their

families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of 30 or more percent on their purchases compared to commercial prices - savings worth about \$2,700 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

